



EFFECT OF EARLY AMBULATION ON MATERNAL OUTCOME AMONG POST CAESAREAN MOTHERS

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ABSTRACT

The purpose of the study was to determine the effect of early ambulation on maternal outcome among post caesarean mothers. The objectives of the study was to assess the effect of early ambulation on maternal outcome among post caesarean mothers and to find out the association between the maternal outcome among post caesarean mothers with selected demographic variables. This study was based on Roy's adaptation theory. The research design adopted for the study was post-test only control group design. 60 post caesarean mothers who fulfilled the inclusion criteria were selected for the study, out of which 30 post caesarean mothers were in experimental group and 30 post caesarean mothers were in control group. Non-probability purposive sampling technique was used to select the samples. The tool used to assess the effect of early ambulation was post caesarean bio physiological health parameters chart. The study was conducted in General Hospital, Neyyattinkara. The effectiveness of early ambulation was assessed by comparing the maternal outcome of post caesarean mothers in experimental group and control group. The result shows that there was a significant difference in the maternal outcome among post caesarean mothers in the experimental group after performing early ambulation and there was an association between the maternal outcome among post caesarean mothers with selected demographic variables except in case of period of gestation.

KEYWORDS : Assess, Effect, Early ambulation, post caesarean bio physiological health parameters chart, Post caesarean mothers.

INTRODUCTION

The wellbeing of the society is closely associated with the health and survival of mothers and children. Health of the women is not only limited to her physical wellbeing, but it also expands to the expression of many roles played by the women. The child birth will introduces new experiences in a women's reproductive life. These events have a great physiological, emotional and social impact on a woman and her family. So, she requires a prompt care.

Caesarean section is a surgical procedure in which an incision is made through the mother's abdomen and uterus to deliver the baby. It is done in cases where the vaginal delivery will put either the mother's or the baby's life in risk. Now a day its prevalence is more. It is important to take some preventive measures to help the mothers to regain their normal health as early as possible. Among those measures early ambulation is the important one. Planned early ambulation means that the patients can be out of bed as early as possible based on their condition. The goal of this is to reduce the post-operative complications.

Early ambulation is defined as a technique of post-operative care in which a patient gets out of bed and engages in light activity such as sitting, standing or walking as soon as possible after an operation. Early ambulation is extremely important after caesarean section. Ambulation promotes the flow of oxygen throughout the body and maintains normal breathing function. It also strengthens the muscles tone. Gastro intestinal and urinary tract functions are improved by ambulation. Ambulation also improves blood flow and speeds wound healing. In addition to improving diaphragmatic excursion with its subsequent decrease in pulmonary atelectasis, it also prevents the development of deep vein thrombosis. Post caesarean mothers are more prone to get these kinds of complications. Studies have showed that early ambulation plays an important role in early post-operative recovery among post caesarean mothers.

The post caesarean mothers are in need of rehabilitation for pain relief of good quality after caesarean section which results in early mobilization and good early mother-child interaction. Some of the problems faced by post caesarean mothers when compared to the normal delivery are long hospital stay, post-operative pain, delayed ambulation, breast engorgement, problems related to bowel and bladder, lactation failure, deep vein thrombosis, pulmonary embolism,

psychological problems etc. The symptoms such as fatigue, headache, lack of sleep, anemia, urinary infection and other conditions that needs treatment in the first 8 weeks after delivery are higher in women with caesarean delivery as compared to women with normal delivery. So, to prevent these complications one of the important measures is early ambulation. It means the patient can be out of bed as early as possible based on the type of surgery along with prescribed exercises. For caesarean section this period can be less than 6-8hrs after caesarean section. Addressing the specific needs of the post caesarean mothers, facilitating early ambulation may help to overcome the challenges and barriers faced by post caesarean mothers. So, the researcher is interested to study the effect of early ambulation among post caesarean mothers.

MATERIALS AND METHODS

The objectives of the study was to assess the effect of early ambulation on maternal outcome among post caesarean mothers and to find out the association between the maternal outcome among post caesarean mothers with selected demographic variables. This study was based on Roy's adaptation theory. The research design adopted for the study was post-test only control group design. 60 post caesarean mothers who fulfilled the inclusion criteria were selected for the study, out of which 30 post caesarean mothers were in experimental group and 30 post caesarean mothers were in control group. Non-probability purposive sampling technique was used to select the samples. The tool used to assess the effect of early ambulation was post caesarean bio physiological health parameters chart. The study was conducted in General Hospital, Neyyattinkara. The samples selected for the experimental group were given pre-operative education regarding early ambulation and after completing 8 hours of caesarean section early ambulation were provided and post-test were conducted on each day after the second session. For the control group no intervention were provided, post-test were conducted. The effectiveness of early ambulation was assessed by comparing the maternal outcome of post caesarean mothers in experimental group and control group. The collected data were analyzed using descriptive and inferential statistics.

RESULTS

Section 1: Demographic Variables

- Distribution of samples according to age shows that in experimental group 16.7% of samples belongs to the age

group of 18-23 years, 73.3% of samples belongs to the age group of 24-29 years and 10.0% of samples belongs to the age group of 30-35 years, and in the control group 33.3% of samples belongs to the age group of 18-23 years, 60.0% of samples belongs to the age group of 24-29 years and 6.7% of samples belongs to the age group of 30-35 years.

- Distribution of samples according to their educational status shows that, in experimental group 16.7% of samples had secondary education, 83.3% of samples had higher secondary education and none were graduates or above, and in control group 16.7% of samples had secondary education, 50.0% of samples had higher secondary education and 33.3% of samples were graduate or above.
- Distribution of samples according to gravida of the mother shows that, in experimental group 26.7% of samples were primigravida and 73.3% of samples were multigravida, and in the control group 36.7% of samples were primigravida and 63.3% of samples were multigravida.
- Distribution of samples according to the parity of the mother shows that, in experimental group 23.3% of samples were primipara and 76.7% of samples were multipara, and in the control group 50.0% of samples were Primiparous and 50.0% of samples were multipara.
- Distribution of samples according to the period of gestation shows that, in experimental group 13.3% of samples had a period of gestation of 32-34 weeks, 33.3% of samples had a period of gestation of 34-36 weeks and 53.3% of samples had a period of gestation of more than 36 weeks, and in the control group 26.7% of samples had a period of gestation of 32-34 weeks, 16.7% of samples had a period of gestation of 34-36 weeks and 56.7% of samples had a period of gestation of more than 36 weeks.
- Distribution of samples according to the number of caesarean section shows that, in experimental group 23.3% of samples had primary caesarean section and 76.7% of samples had repeated caesarean section, and in control group 66.7% of samples had primary caesarean section and 33.3% of samples had repeated caesarean section.

Section 2: Effect Of Early Ambulation On Maternal Outcome Among Post Caesarean Mothers

- In experimental group, post-test 1 shows, 100% of samples had good outcome and none had average outcome, post-test 2 shows, 73.3% of samples had better outcome, 26.7% of samples had good outcome and none had average outcome, post-test 3, shows 100% of samples had better outcome and none had good outcome, post-test 4, shows 100% of samples had better outcome and none had good outcome, post-test 5, shows 100% of samples had better outcome and none had good outcome. In control group, post-test 1 shows, 10% of samples had good outcome and 90% of samples had average outcome, post-test 2 shows, none had better outcome, 63.3% of samples had good outcome and 36.7% of samples had average outcome, post-test 3 shows, 20% of samples had better outcome and 80% of samples had good outcome, post-test 4 shows, 73.3% of samples had better outcome and 26.7% of samples had good outcome, post-test 5 shows, 100% of samples had better outcome and none had good outcome.
- The findings showed that the mean score of experimental and control group were 37.4 and 33.7 respectively with a standard deviation of 0.47 and 1.13 respectively.

Section 3: Comparison of maternal outcome among post caesarean mothers between the experimental and control group

- The findings show that the mean maternal outcome of experimental group for post-test 1 to post-test 5 were 34.5, 36.1, 37.5, 38.9 and 40.0 respectively with a standard deviation of 0.5, 0.8, 0.9, 0.6 and 0.0 respectively. The mean maternal outcome of control group for post-test 1 to post-

test 5 were 29.2, 31.2, 34.2, 35.9 and 38.2 respectively with a standard deviation of 1.2, 1.3, 1.6, 1.4 and 1.2 respectively.

Section 4: Association Between Maternal Outcome Among Post Caesarean Mothers And Selected Demographic Variables In Experimental Group

- The Chi-square analysis shows that the calculated χ^2 value for age, education, gravida, parity and number of caesarean section were 3.79, 15.96, 1.87, 7.54 and 12.77 respectively.
- But in case of period of gestation, the calculated χ^2 value is 0.2.

DISCUSSION

In demographic variables, distribution of samples according to age shows that in experimental group majority (73.3%) of samples and in the control group majority (60%) of samples were between the age group of 24-29 years. Distribution of samples according to educational status shows that in experimental group, majority (83.3%) of samples and in control group, majority (50%) of samples had higher secondary education. Distribution of samples according to gravida of the mother shows that in experimental group, majority (73.3%) of samples and in control group, majority (63.3%) of samples were multigravida. Distribution of samples according to parity of the mother shows that in experimental group, majority (76.7%) of samples were multipara and in control group, 50% of samples were primipara and 50% were multipara. Distribution of samples according to period of gestation shows that in experimental group, majority (53.3%) of samples and in control group, majority (56.7%) of samples had a period of gestation of more than 36 weeks. Distribution of samples according to number of caesarean section shows that in experimental group, majority (76.7%) had repeated caesarean section and in control group, majority (66.7%) had primary caesarean section.

Comparison of the maternal outcome among post caesarean mothers between the experimental and control group was assessed by using independent 't' test. calculated 't' value was 21.76 for post-test 1, 17.48 for post-test 2, 9.95 for post-test 3, 10.45 for post-test 4 and 8.53 for post-test 5 and those values are greater than that of table value ($t=2.66$, $df=58$). The finding shows that there was a significant difference in the maternal outcome among post caesarean mothers in the experimental group after early ambulation.

The association between maternal outcome among post caesarean mothers with selected demographic variables was analyzed by using Chi-square test. The result shows that there was a significant association between maternal outcome among post caesarean mothers and selected demographic variables such as age, education, gravida of the mother, parity of the mother and number of caesarean section, except in case of period of gestation.

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